

## CLAIMS

What is claimed as being new and desired to be protected by LETTERS PATENT of the United States is as follows:

1. A personal exercise system for allowing a user to perform a sexual exercise in a stimulating and healthful manner comprising, in combination:

a T-shaped coupling component with laterally extending ends and a rearwardly extending end, the coupling component being positionable on a horizontal support surface adjacent to a user;

a U-shaped intermediate component in a vertical plane with a free lower end and a free upper end formed with male threads, and a lower joining piece connecting the lower end of the intermediate component and the rearwardly extending end of the coupling component;

a generally cone shaped dildo being in a generally linear configuration located above, and parallel with, the rearwardly extending end and the lower joining piece, the dildo having an interior end and a free exterior end located above the rearwardly extending end of the T-shaped coupling component, and an upper joining piece having a rearward end formed with female threads removably coupled to the male threads of the intermediate component, the upper joining piece having a forward end formed with a set screw there adjacent for removable securing the dildo

and the upper joining piece to the male threads of the intermediate component;

a handle extending outwardly and upwardly from each laterally extending end of the T-shaped coupling component, each handle having an upper arcuate portion with a free upper end and a lower linear component with its interior end coupled to a laterally extending end of the T-shaped coupling component, the handle and laterally extending ends of the T-shaped coupling component being located in a vertical plane perpendicular to the horizontal plane containing the intermediate member;

a grip fabricated of an elastomeric material removably positioned on each free end of the handle, each grip extending upwardly and rearwardly away from the vertical plane containing the handle, the grips being at an elevation above the dildo with the free end of the dildo being at an elevation adjacent to the midpoint of the arcuate portion of the handle; and

a supplemental dildo with a hemispherical free end adapted to be used as an alternative to the dildo with the generally conical free end.

2. A personal exercise system comprising:

a coupling component with laterally extending ends and a rearwardly extending end;

an intermediate component with a free lower end and a free upper end coupling to the rearwardly extending end of the coupling component;

a dildo located above the rearwardly extending end, the dildo having an interior end and a free exterior end located above the rearwardly extending end of the coupling component removable coupling the upper intermediate component to the dildo; and

a handle extending outwardly and upwardly from each laterally extending end of the coupling component.

3. The system as set forth in claim 2 wherein the lower end of the intermediate component and the rearwardly extending end of the coupling component are in a horizontal plane during operation and use.

4. The system as set forth in claim 2 and further including a grip positioned on each upper free end of the handle remote from the coupling component, each grip extending upwardly and rearwardly, the grips being at an elevation above the dildo with the free end of the dildo being at an elevation adjacent to the midpoint of the handle.

5. The system as set forth in claim 2 and further including a grip positioned on each upper free ends of the handle remote from the coupling component, with the intermediate component formed to have a supplemental bend for locating the dildo at an

elevated height whereby each grip extends upwardly and rearwardly, the grips having a lower end being at an elevation adjacent to the dildo.

6. The system as set forth in claim 2 and further including a grip positioned on each upper free ends of the handle remote from the coupling component, with the intermediate component formed to support an upper dildo and a supplemental projection formed to support a supplemental dildo beneath the upper dildo and for locating the dildos at heights, one above and one below the lower ends of the grips.

7. The system as set forth in claim 2 and further including supplemental coupling component having longitudinally extending ends facing forwardly and rearwardly and a downwardly extending end coupled to the upwardly extending end, the system further including a forwardly extending dildo for a primary user and a rearwardly extending dildo for another user.

8. The system as set forth in claim 2 wherein the handles include similarly configured interior components coupled interiorly to the laterally extending ends of the coupling component and similarly configured exterior components coupled interiorly to the interior components. the exterior components have generally directed free ends for being held by a primary user.

9. The system as set forth in claim 2 and further including includes two dildos facing forwardly and two dildos facing rearwardly.

10. The system as set forth in claim 2 and further including at least one electric line having a first end coupled to a dildo which is removably secured to a vibrator, the electric line having a second end secured to a handle adjacent to a free end with a switch under the control of the primary user.